Basal Body Temperature Menstrual Cycle Chart

The Women's Natural Health Clinic

Disturbances																																												
Cyclical symptoms																																												
Time																																												
37,4																																												
37,3																																												
37,2																																												
37,1																																												
37,0																																												
36,9																																												
36,8																																												
36,7																																												
36,6																																												
36,5																																												
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36,0																																												
35,9																																												
35,8																																												
35,7																																												
35,6																																												
35,5																																												

	Cycle Day	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	31	32	33	34	35	36	37	38	39	40
	Date																																										
	Menstruation																																										
Mucus	Wet, slippery, transparent, stretchy																																										
	Moist, white, cloudy, sticky																																										
	Dry, No secretions seen or felt																																										
Cervix	Position and opening																																										
	Firmness																																										
	Sexual Intercourse																																										
	Fertile days																																										

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Name _____

Month & Year [ ][ ]

Cycle No. [ ][ ][ ]

Temp taken O [ ] V [ ] R [ ]

Notes: